



## Article Side

Why is Crossfit Training Better to Gain Long Term Results? by [George](#)

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In simple terms, Crossfit is a unique training method that includes building a general and broad but inclusive fitness definition. The guiding principle behind this method is game, mission and life. Crossfit is a type of functional training that aims to utilize high intensity, constant varied and functional movement patterns to advance the activities of daily living efficiency. In other words, the activities in this program aim to prepare the participants in not only the known physical eventualities but also of the unknown. Participants achieve this mainly through Crossfit equipment.

One should consider Crossfit as endurance based training when deciding where it would fit in his or her exercise program. To be particular, Crossfit is strength endurance training with some elements of aerobic training. In fitness, the term resistance training has come to incorporate virtually anything that concerns moving a weight. One should not confuse strength training with resistance training. Crossfit exercise aims to prepare individuals for the movement challenges of daily life, but numerous persons take part in them for aesthetic reasons, that is to lose weight and get in shape. The longer-term results of Crossfit include:

1. Hard work - This is among the best things about the training method since it encourages individuals to work hard through competitions and expectations.
2. Improves strength - The Crossfit programs incorporates Olympic lifting exercises and weight lifting, however, it places more emphasis on most workout of the day on strength endurance. Even though one will not acquire strength at the rate of a normal strength program, one will definitely get stronger, and the exercise is more effective than a step class at a local spa gym. The strength results begin showing after 6 to 12 weeks.
3. Muscle building - Since Crossfit makes use of resistance training and equipment there will be a lot of muscle gain. Individuals, who have not been exercising, but have a good genetic potential stand to benefit the most.
4. Fat loss - A good part of the Crossfit training program involves energy system training, which happens to be among the most effectual ways to shed off extra weight. Even so, for consistent results, this system has to include traditional strength training.
5. Compliance - Another great benefit of Crossfit is that participants work in a group environment thus there is accountability. It is easier to skip training when no one knows you are training.
6. Longevity of results - Cycling Crossfit training with strength training, the results will keep coming for a longer time.

Bodysolid Leverage equipment is among the top equipment that participants in Crossfit use to develop the explosive power of the lower body. The squat is the crucial exercise for building strength and mass in the lower back, calves, gluts and thighs. The leveraging equipment is designed to eliminate the potential risks of this vital exercise while increasing the effectiveness and enhancing the advantages. One of the main advantages of Crossfit is that an individual can get a lot done within a short time. It is also more motivating for all who stick to it, and they get to benefit from the generation of positive hormones.

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